Content Sheet Solo Dance Gold

Atleta: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Categoria: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (YOUNG/MAJOR)

Livello:\_\_\_\_(1/2/3/4)

Esempio di contentsheet per livello 4 MAJOR

|  |  |  |  |  |  |  |
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| **#** | **Elemento** | **Livello** | **Inizio** | **Fine** | **Durata** | **Composizione** |
| 1 | Dance step sequence | 4 | 00:06 | 00:36 | 30 | Cross chassè, body movementlow, choctaw,closedMohawk, change of edge, biellman, layback, ina bauer, cross roll, choctaw, change of edge, charlotte, spin |
| 2 | Footworksequence | 4 | 00:40 | 1:20 | 40 | Travellingleftacw, choctawacw, travellingrightcw, loop qcw, loop cw, body movementmid, rocker left, counter left, body movement high, bracketleft, body movement low, cluster right (bracket, rocker, counter) |
| ~~3~~ | ~~Artisticsequence~~ | ~~4~~ |  |  | ~~40~~ |  |
| 4 | Travelling | 4 | 1:50 | 2:00 | 10 | 1 set  Difficult entry 1 rotationjump  right, acw, extra feature wave free leg  2 set  Difficult entry choctaw  Left, cw, extra feature heldwheel |
| 5 | Choreo. Step |  | 2:10 | 2:40 | 30 | ---------- |
| 6 | Cluster | 4 | 2:50 | 3:10 | 20 | 1 set left  Difficult entry 1 rotationjump  Rocker, bracket, body movementmid, counter, three turn  2 set right  Difficult entry ina bauer  Travelling, rocker, counter, change of edge, counter |